



Appendix G: Oral and Other Devices

Mandibular Advancement Device (MAD) is an appliance that fits over the upper and lower teeth with an adjustment to push the lower jaw forward. The device brings the tongue forward creating a more patent airway. Although expensive, for those that it works for, a custom device can be as effective as CPAP and often better tolerated. Patients may experience jaw or dental pain from MAD's which may inhibit use. Some movement and misalignment of the teeth may occur, but usually resolves itself if treatment is discontinued within the first year of treatment. Note there are many brands of MAD's. The ones using rigid bars or screws are likely to be more effective than those using elastic straps to pull the lower jaw forward.

Tongue Retaining Device is a flexible, silicone device that fits behind the lips in front of the teeth. It is a relatively inexpensive way of controlling snoring or very mild OSA with few side effects, compliance is generally low.

“Boil and bite” devices are much less expensive but are bulky and made of a soft material that does not last as long. They are usually patient-fitted, more prone to complications and much less effective. Boil and bite devices are not recommended for treatment of OSA.

Other devices used by patients: Devices such as adhesive nasal strips and nasal dilators may help nasal air flow but do not directly address the obstruction in the oral-pharyngeal airway that causes OSA. Similarly, chin straps may keep the mouth closed but do not correct the oral-pharyngeal airway obstruction. There is also a very real danger of an improperly applied strap pushing the jaw back and causing more obstruction.